

# Training in Cognitive Therapy

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## Background

The demand for CT in Sweden today is bigger than the supply. There is a need to train cognitive therapists and to evaluate the result of training. Preliminary work on assessing the result of therapies of trainees attending a basic course in cognitive therapy at Danderyd Hospital, Stockholm, is presented.

## Aim

The main purpose of this naturalistic study was to evaluate the result of training in CT in terms of how well the trainees have succeeded with their training therapies. The hypothesis was that the patients' symptoms and their deep level dysfunctional cognitions, attitudes and core beliefs, would decrease as a result of therapy. Moreover an improvement between the first and second therapy was expected in terms of an increased competency of trainees as assessed with CTS (Cognitive Therapy Scale) as well as a decrease of the patients' symptoms and deep level dysfunctional cognitions.

## Method

27 trainees representing different health professions, with no previous experience of CBT, participated in this study. They were all attending a basic course in CT which lasted 18 months. They got 120 hours supervision in CT. Four supervisors with an experience of scoring with CTS were involved in the training. The trainees switched supervisors in the middle of the training before starting the second therapy. The duration of the therapies was on average 16 weekly sessions (SD=2.9). The therapies were evaluated with BDI (Beck Depression Inventory), HS (Beck Hopelessness Scale), BAI (Beck Anxiety Inventory), DAS-A (Dysfunctional Attitude Scale), YSQ (Young Schema Questionnaire) rated before and after therapies. Near the end of every therapy a video taped session was rated with CTS (Cognitive Therapy Scale).

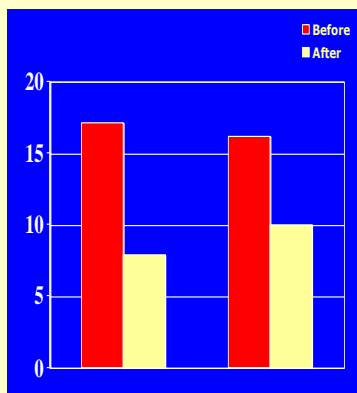
## Results

How well did the trainees succeed with their therapies?

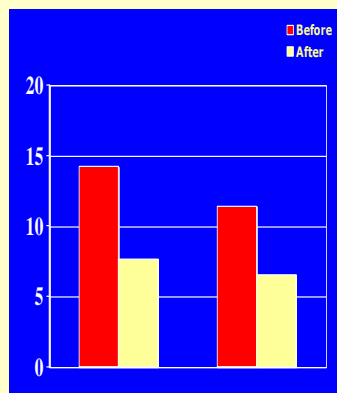
**Table 2** Scores before and after treatment for the first and second therapy.

Measure	Therapy no 1		Therapy no 2		Difference before/after		Interaction
	M	SD	M	SD	F	F	
<b>BDI before</b>	17.12	11.49	16.17	8.58	43.29***	1.77 n.s.	
<b>BDI after</b>	7.88	6.57	9.95	6.63			
<b>BAI before</b>	14.21	11.39	14.00	10.24	18.41***	<1.00 n.s.	
<b>BAI after</b>	7.63	6.54	8.93	7.19			
<b>HS before</b>	10.34	5.64	7.88	4.37	14.23***	3.69+	
<b>HS after</b>	6.15	4.75	6.57	4.51			
<b>DAS-A before</b>	154.80	42.18	156.90	31.98	16.24***	<1.00 n.s.	
<b>DAS-A after</b>	133.19	42.80	142.80	32.00			
<b>YSQ before</b>	222.00	29.09	229.80	31.65	100.44***	<1.00 n.s.	
<b>YSQ after</b>	160.87	51.75	167.25	44.25			

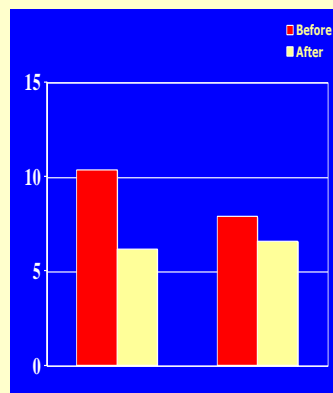
+ p< 0.10 \*\*\* p<0.001



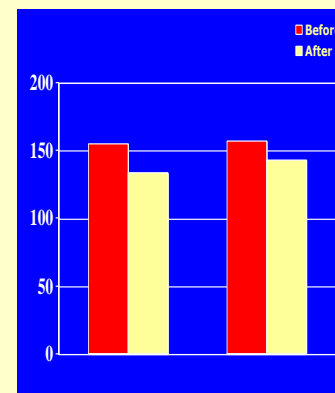
**Figure 1.** BDI scores before and after treatment for the first and second training therapy.



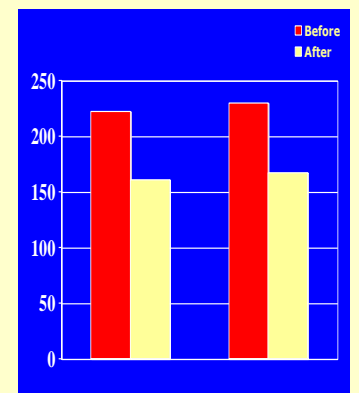
**Figure 2.** BAI scores before and after treatment for the first and second training therapy.



**Figure 3.** HS scores before and after treatment for the first and second training therapy.



**Figure 4.** DAS-A scores before and after treatment for the first and second training therapy.



**Figure 5.** YSQ scores before and after treatment for the first and second training therapy.

**Table 1.** Patients sample descriptive statistics. N=54

Variable	n	M	SD	%
<b>Age</b>		31.97	11.36	
<b>Female</b>	38			71.7
<b>Social phobia</b>	15			27.77
<b>MDD and Dysthymia</b>	24			44.44
<b>Panic</b>	5			9.25
<b>Other diagnosis</b>	9			16.67
<b>Pharmacological treatment</b>	21			37.03

**Table 3** Comparison between scores on CTS between the first and second therapy

CTS	Therapy no 1		Therapy no 2		Difference
	M	SD	M	SD	
<b>Agenda</b>	3.83	0.86	4.35	0.72	-2.35*
<b>Feedback</b>	3.27	1.25	3.74	0.96	-1.51
<b>Understanding</b>	4.15	0.91	4.44	0.89	-1.18
<b>Interpersonal Effectiveness</b>	4.13	0.80	4.61	0.76	-1.36
<b>Collaboration</b>	3.79	0.78	4.39	0.86	-2.58*
<b>Pacing</b>	3.43	0.58	3.83	1.08	-1.59
<b>Guided discovery</b>	3.42	0.90	3.80	0.87	1.6
<b>Focusing on key cognitions and behaviors</b>	3.83	0.98	4.61	0.90	2.94**
<b>Strategy for change</b>	3.62	1.01	4.13	0.96	-1.83
<b>Applications of CBT techniques</b>	3.42	0.75	4.07	0.84	-2.94**
<b>Homework</b>	3.71	1.02	4.13	0.72	-1.72
<b>CTS total</b>	40.79	7.41	46.17	7.19	-3.03**

\* p< 0.05 \*\* p<0.01

## Conclusion

**The results show that training therapies gave significant recovery from symptoms and a decrease in deep level of dysfunctional cognitions. There was no difference between results of the first and second therapy in terms of symptom and cognitive change. On the other hand a significant improvement in specific CBT skills between a first and second training therapy reflects an increase in therapist competence.**

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## References

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